DOCUMENT RESUME

ED 449 310 CE 081 184

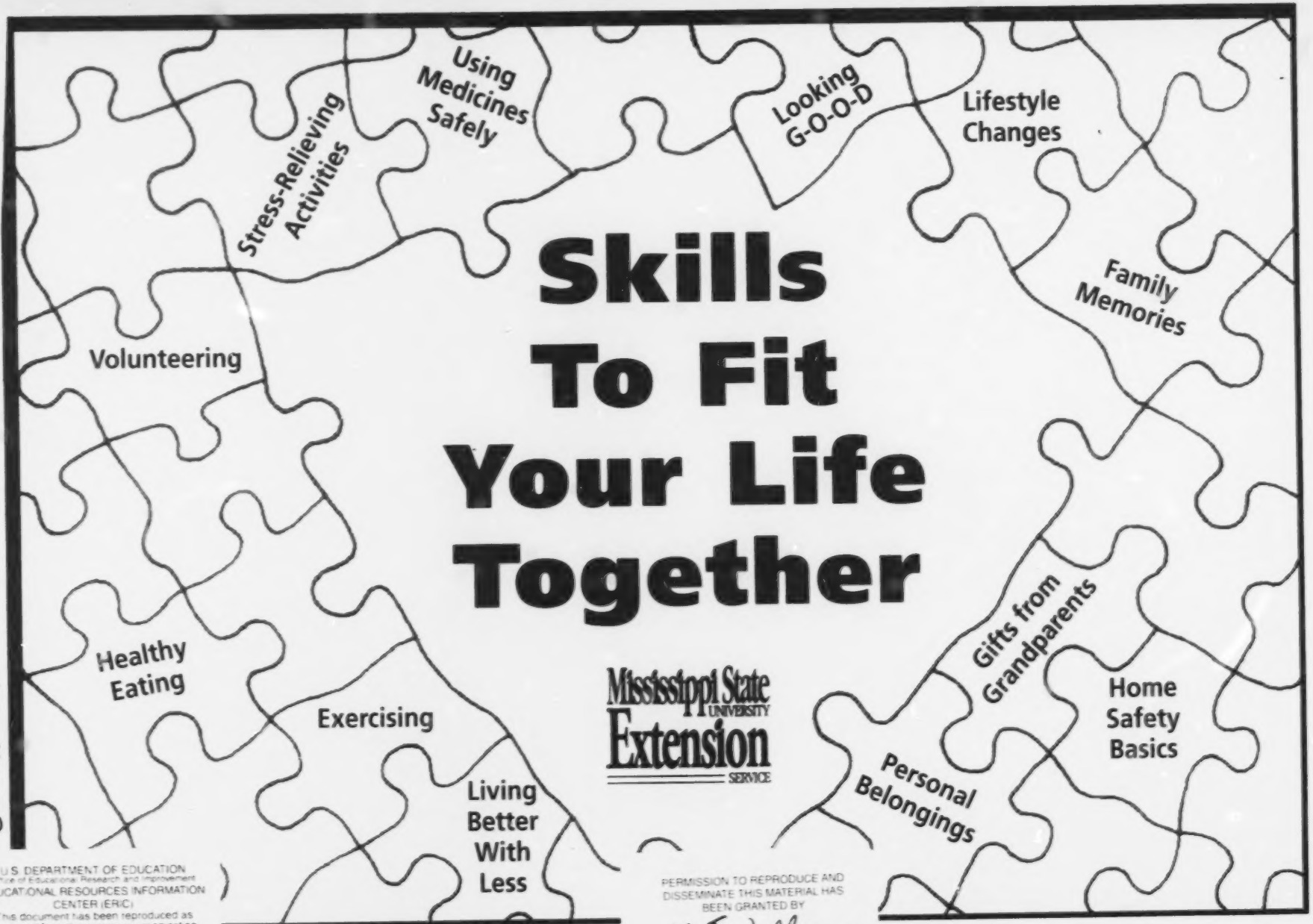
AUTHOR	Draper, Patty; Emmons, Kay; Gregory, Glenda; Lewis, Beverly; Owen, Pat; Rogers, Grenell; Wilson, Cynthia
TITLE	Skills To Fit Your Life Together.
INSTITUTION	Mississippi State Univ., Mississippi State. Extension Service.
REPORT NO	MSU-ES-2246
PUB DATE	1999-11-00
NOTE	55p.
PUB TYPE	Guides - Classroom - Learner (051)
EDRS PRICE	MF01/PC03 Plus Postage.
DESCRIPTORS	Adult Basic Education; *Consumer Education; *Daily Living Skills; Exercise; *Family Life Education; Family (Sociological Unit); Grandparents; *Health; *Home Economics Skills; Money Management; Postsecondary Education; *Safety; Secondary Education; Stress Management; Volunteers

ABSTRACT

This document is a fill-in-the-dates calendar that students in a daily living skills or family life education class can use to remind themselves to live a healthy and productive life. Set up with a page of tips on the top with a monthly calendar page below, the guide covers the following topics: (1) living better with less; (2) home safety rules; (3) healthy eating; (4) volunteering; (5) grandparent-grandchildren relationships; (6) recording family memories and growing a family tree; (7) distribution of inherited personal property in families; (8) looking good; (9) exercise--the key to the good life; (10) using medicines safety; (11) lifestyle changes; and (12) stress-relieving activities. (KC)

Reproductions supplied by EDRS are the best that can be made
from the original document.

ED 449 310

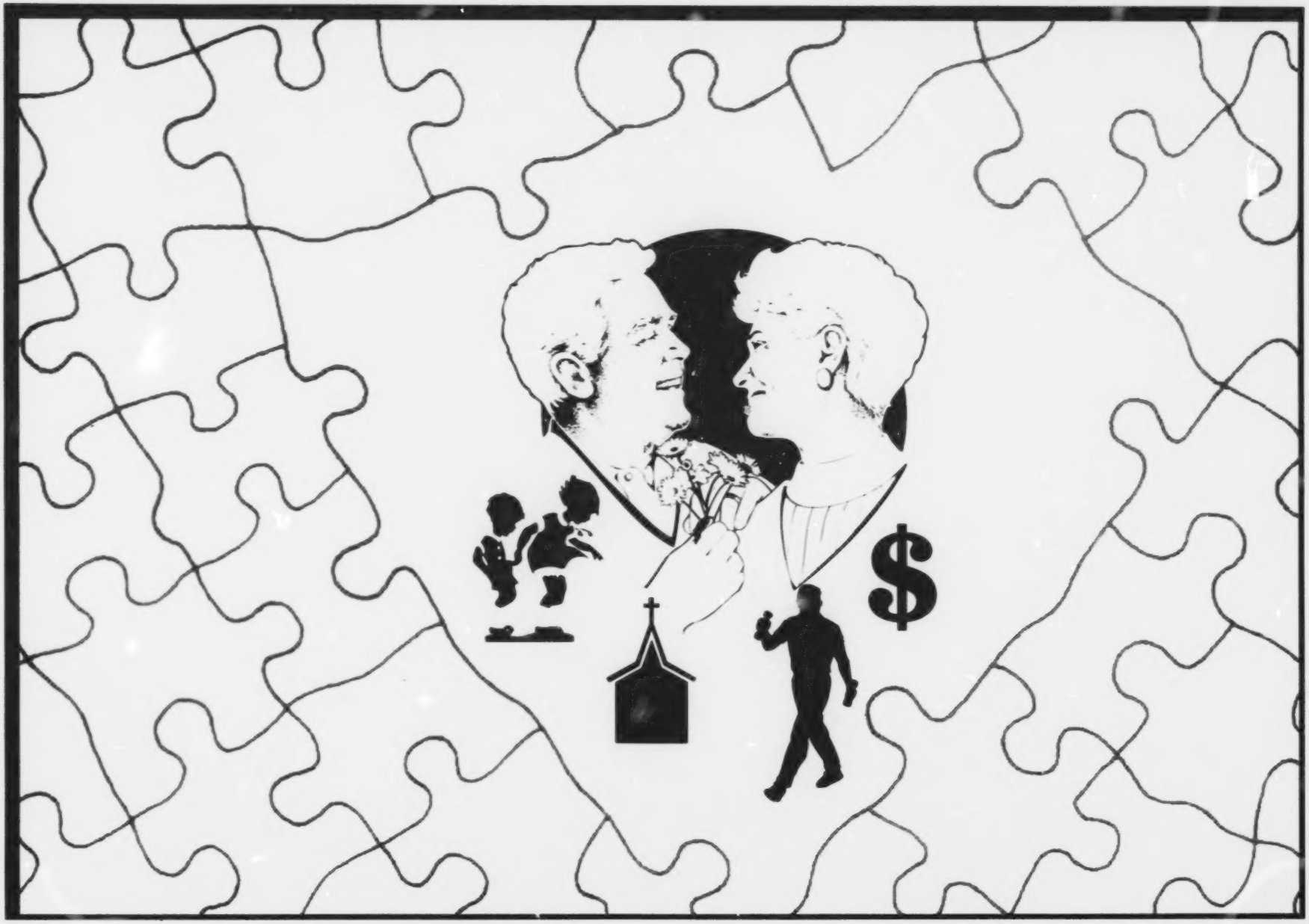


CE 081 184

U.S. DEPARTMENT OF EDUCATION
Office of Educational Research and Improvement
EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)
This document has been reproduced as received from the person or organization originating it.
Minor changes have been made to improve reproduction quality.
Points of view or opinions stated in this document do not necessarily represent official OERI position or policy.

PERMISSION TO REPRODUCE AND DISSEMINATE THIS MATERIAL HAS BEEN GRANTED BY
M. J. Wallace
TO THE EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)

2
BEST COPY AVAILABLE
1
3



Living Better With Less

Everyday Shopping Strategies

- **Think ahead** about purchases so you can watch for reduced prices, coupons, and special deals. If a major purchase is involved, get family and friends to help you watch for a good buy.

- **Compare.** Smart comparison shopping can save you money. Use the telephone and newspaper ads to see how prices compare. Don't compare just prices....also compare quality. Keep a reference of items you buy often to be sure the sale price is the best price.

- **Coupons are great, but...**a coupon is a good buy only if it is for a product you would normally purchase. Many store or generic brands are less expensive than the items with the coupon.

- **Trade coupons.** Take advantage of double-coupon sales. Trade coupons with friends, neighbors, and family members.

- **Second time around** for many items can be a great buy for you. Garden equipment, exercise equipment, and furniture can be a great buy when purchased from an individual at a garage sale or a thrift shop.

- **Exchanging goods and labor** with neighbors and friends can also be a money saver To help save money, you can buy and share some items. You could share your grass edger with your neighbor who has a grass blower. Cost and storage space can be reduced.

- **Durable goods are good buys.** The longer the item lasts, the fewer you will need to buy. Quality tends to cost more at the beginning but less in the long run. It often pays to purchase a higher priced, higher quality item that will be used many times rather than constantly replacing a less expensive item.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	8					9

Basic Home Safety Rules

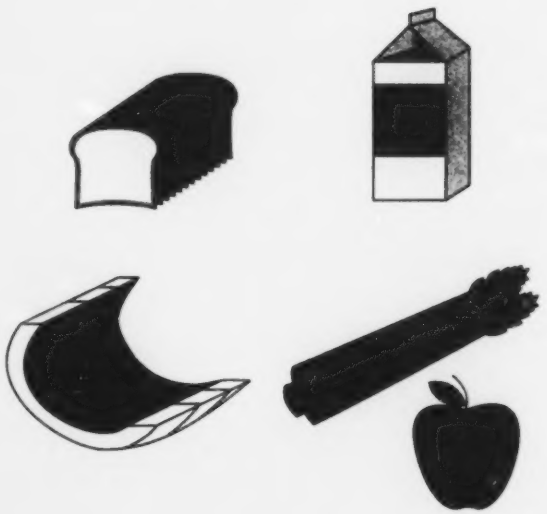
- **Make sure you have plenty of wall outlets** for lamps and appliances. Avoid "octopus" outlets. Use extension cords only temporarily. Do not run cords under rugs.
- **Follow directions when using space heaters.** Maintain proper distance from walls, curtains, and furniture; do not leave heaters unattended.
- **Keep storage areas free** of flammable liquids, papers, rags, and other combustibles.

- **Check smoke detectors** once a month, and replace batteries at least once a year.
- **Make sure all family members know** where the emergency shutoffs are for all utilities. Develop an escape plan in case of a house fire.
- **Have plenty of light** over the kitchen stove, sink, and countertops. Make sure stairs are clearly lighted and have sturdy handrails.
- **Set your hot-water heater** at 120 degrees Fahrenheit to prevent accidental "scalding."
- **Install a slip-resistant surface** in the bottom of your shower or tub.
- **Make sure medicines are clearly labeled**, and do not take or apply them in the dark. Periodically throw out outdated or unused medicines.

Sun	Mon	Tue	Wed	Thu	Fri	Sat

Just For Your Healthy Eating

The population of the United States is facing a new challenge as a baby boomer generation ages. Aging adults can enjoy good health for a much longer period than could previous generations.



Choosing an active lifestyle and eating nutritiously are key strategies to help maintain good health. Eating well is often difficult to fit into many lifestyles, especially for those people who don't like to prepare their own meals.

You don't have to cook big meals to eat well, but you do need to use the USDA's Food Guide Pyramid to help you make healthful food choices when you plan your meals.

One of the most common pitfalls to healthy eating is getting into a rut or stale routine regarding eating and preparing meals. You need to eat a variety of foods instead of the same foods each day; this is an important way of eating healthy. Always eat foods you enjoy, but make sure you get enough vitamins, minerals, and calories to avoid malnutrition.

Sun	Mon	Tue	Wed	Thu	Fri	Sat

Your Talents Are Needed—Volunteer!

Whether you are...working or retired...an individual or member of a group...willing to give just a little time or much more...there is a volunteer job for you.

Volunteering has its personal rewards:

- Learn new skills.
- Build self-confidence.
- Meet others with similar values.
- Gain work experience.
- Meet new challenges.
- Influence others in a positive way.

Where can I volunteer?

- American Cancer Society Fundraising Events.
- Assisted-living Facilities.
- Churches.
- Civic Organizations.
- Coaching or being team parent for a sports group.
- Hospice Homes.
- Hospitals.
- Local Libraries.
- Nonprofit Organizations (Mississippi Homemaker Volunteers, 4-H, Girl Scouts, FFA).
- Nursing Homes.
- Schools (kindergarten, elementary, and secondary levels).
- United Way Agencies.

"If you want to lift yourself up, lift up someone else." Booker T. Washington

Sun	Mon	Tue	Wed	Thu	Fri	Sat

Gifts Grandparents Can Give To Grandchildren

- **Spend time one-on-one with your grandchildren.** The time a grandparent spends individually with each grandchild is special.
- **Listen to their concerns as well as their joys.** Having an adult who really listens helps build the self-esteem of a child or young person.
- **Send special letters and notes addressed to them.** Children love to get something in the mail all their own.
- **Offer companionship for activities they enjoy.** Companionship is not just the special things you do for your grandchildren or the places you take them but also the quiet times when you are together doing everyday things.
- **Share your history and family traditions.** Children gain security and stability knowing they belong to a large family with its special history. Talk about family traditions.
- **Be a role model to show your grandchildren older people can be fun.** If children have a pleasant experience with elders who approach life with excitement and good humor, they will have a more positive view of growing older themselves.
- **Show grandchildren you accept them just as they are.** One of the special things about grandparents is that they usually do not have to deal with the everyday hassles as parents do. You can see what parents sometimes cannot see.
- **Give the best gift of all, your love.** When you take time to be with grandchildren, when you listen to them, and write notes—your love will come through.

Sun	Mon	Tue	Wed	Thu	Fri	Sat

Recording Family Memories—
Growing Your Family Tree

Personal memories and stories you've heard from others are the seeds for growing your family tree. To start it growing, all you need to do is to record the facts you already know.

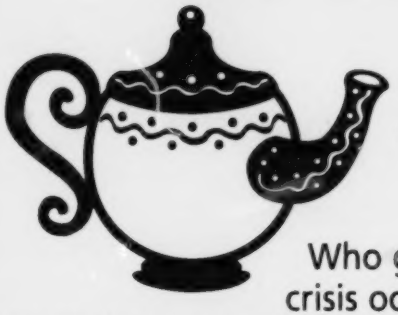
In addition to your family memories, you may have or know about other sources of valuable information and tidbits that will help your family tree grow. Photo albums, scrapbooks, family Bibles, and other family keepsakes and memorabilia will each add interest as well as information to your family history. Some other places you can look for genealogical information include the following:

- ✗ Certificates (from schools or jobs).
- ✗ Closet doors (look for writing on the inside).
- ✗ Court records (births, deaths, marriages, divorces, land transactions).
- ✗ Diaries, journals, and day books.
- ✗ Important papers (wills, deeds, insurance policies, and titles).
- ✗ Letters.
- ✗ Newspaper clippings.
- ✗ Trunks and chests.

Collecting stories from family members and friends will help give character to the names and dates you discover. Some possible topics might include family traditions, growing up, historical events, physical characteristics, religion, and stories about previous generations.

Sun	Mon	Tue	Wed	Thu	Fri	Sat

Who Gets Grandma's Yellow Pie Plate?



Almost everyone has personal belongings that have special meanings to them and other members of the family. What happens to your personal belongings when you die?

Who gets personal property is an issue frequently ignored until a crisis occurs. It is often assumed to be unimportant. The transfer of non-titled property is an issue that impacts everyone regardless of his or her financial worth, heritage, or cultural background.

What surprises many people is that the transfer of non-titled personal property can create more challenges among family members than the transfer of titled property. Why? Non-titled personal property transfers may offer these following situations:

- ✓ Personal belongings have different meanings for each individual.
- ✓ It is often the sentimental value or meaning attached to the personal property that is important, not the financial or dollar value.
- ✓ It is often difficult to divide items with sentimental value in a way that is fair to all parties.
- ✓ People commonly have different perceptions of what is a fair process and what are fair results.
- ✓ Talking about one's possessions is much more personal than talking about other types of financial assets. It often means facing the death of family members as well as one's own death.

Sun	Mon	Tue	Wed	Thu	Fri	Sat

Looking G-O-O-D!!

Wear what becomes you! Age is no longer a determining factor in wardrobe dressing, but age is a guideline. More important factors in helping build your wardrobe are lifestyle activities, work type and environment, and in which part of the country you live. The following suggestions will assist you as you shop for clothes and accessories.

- Use solid colors that are easy to mix and match.
- Wear dark colors in pants and skirts.
- Select clothing that can be worn year-round.
- Use good-quality fabrics with easy-to-care-for guidelines.
- Use accessories and touches of color.
- When selecting eyeglass frames, choose a light color.
- Wear clothes that make you feel good about yourself and help give you confidence.
- Wear short hairstyles, and try highlighting your hair instead of completely coloring it.

Sun	Mon	Tue	Wed	Thu	Fri	Sat

Exercise—the Key to the Good Life

Benefits of Exercise

It Promotes Good Health

- Improves your self-image. People who remain fit usually feel good about themselves.
- Improves your endurance. People who remain fit can walk farther, work harder, and dance longer than those who do not exercise.
- Sharpens your thinking. Exercise improves circulation to the brain and overall alertness.
- Improves your sleep.
- Controls your weight.
- Regulates your energy level.
- Improves your balance and flexibility. Exercise can help you maintain a full range of motion.
- Keeps your bones strong and healthy.
- Improves your appetite.

It Helps Prevent Illnesses

- Exercise is a great way to bounce back from depression, grief, or the blues.
- Reduces your risk of heart attack, stroke, and high blood pressure.
- Avoids insomnia.
- Prevents osteoporosis.
- Avoids or controls diabetes.
- Prevents constipation.
- Reduces disability caused by arthritis.
- Improves balance and flexibility, which can reduce falls and automobile accidents.
- Avoids obesity.
- Exercise can help many who have reversible dementia to regain mental sharpness.

Sun	Mon	Tue	Wed	Thu	Fri	Sat

Use Medicines Safely

Medication can cure an illness, reduce the risk of sickness, or help you cope with a long-term disease. If taken incorrectly, medicine can also cause serious problems. Mistakes with medicines happen when people don't understand why, how, and when to take their medications.

Inform Your Doctor and Pharmacist

- ✗ The names of all medicines you are taking now, including any nonprescription medicines.
- ✗ The doses of each medicine.
- ✗ If you have ever had problems (allergies or reactions) with a medicine.

Ask Questions

- ✗ What is the name of this medicine, and how will it help me?
- ✗ How soon can I expect it to work?
- ✗ Is there another treatment for my problem instead of a medicine?
- ✗ How do I take this medicine—with food or on an empty stomach?
- ✗ How often do I take it (how many times a day) and for how long?
- ✗ Are there side effects, and what do I do if they occur?
- ✗ What foods, drinks, other medicines, or activities should I avoid while taking this medicine?

Take Safety Precautions

Keep safety precautions in mind when buying, using, and storing medicines. Take the opportunity to instruct any children around your home about using medicines safely. Keep all medicines, prescription and nonprescription, out of the reach of children.

Sun	Mon	Tue	Wed	Thu	Fri	Sat

Lifestyle Changes

Less can be better!

It's amazing the furniture, dishes, books, pictures, linens, bric-a-brac, and whatnots a person can accumulate over a lifetime. For safer and easier living, try reversing your process of accumulating items.

Donate to a charitable organization or give things to family members or friends. If you have possessions you no longer want or use, give an early inheritance to that special child or grandchild, and take pleasure in watching the recipient enjoy the gift. Dishes will have special meanings when you share your memories about them. Give your child, grandchild, or niece or nephew a head start on furnishing their homes with those useful and treasured items you no longer want or need.

You may have items you aren't ready to give away. Pack them in sturdy boxes, seal the boxes, and label them clearly. Place the name of the person to receive the box on the outside (with any instructions that might be needed). Make sure the boxes are stored in a dry, safe, out-of-the-way location. If fabric items are involved, do not store them until they have been thoroughly cleaned and all starch has been removed. Insects can feed on the starch and destroy the fabrics. Items not thoroughly cleaned can develop stains that cannot be removed.

Sort and organize your important papers and put them in a safe place where they can be obtained quickly. Tell some of your family members where to find these vital papers in case of an emergency. Label papers, records, pictures, and other items of historical family value with as much information as possible for future use. These items that might be of little value to you can be a great sentimental treasure to your family in the future.

Sun	Mon	Tue	Wed	Thu	Fri	Sat

Stress-Relieving Activities

- **Deep Breathing.** Slowly take a long, deep breath; hold it for about 8 seconds; gradually exhale while mentally telling yourself to "relax." Do this for several minutes if necessary. If you close your eyes, the calming effect is increased.
- **Physical Exercise.** Even a short, brisk walk can often help relieve unwanted stress.
- **Laughing or Singing Loudly.** These activities are incompatible with tension; for example, it's hard to laugh heartily and be tense at the same time.
- **Nature Time.** Spend a little time with an aspect of nature you particularly enjoy—a grassy field, your favorite beach, or a beautiful flower.
- **Shoulder Exercise.** Let your shoulders slump. Next, move them up and down and then in a rotating motion. Rotating your shoulders is a good tension releaser when you've been driving for a long time without a stop.
- **Relaxing Phrase.** When you begin to sense unwanted stress, continually repeat in your mind, at any speed, "I am peaceful; I am calm." In most cases you can continue this repetition as you go about your normal activities.

Sun	Mon	Tue	Wed	Thu	Fri	Sat

Mississippi State University Extension Service

www.ext.msstate.edu

"Skills To Fit Your Life Together" newsletters, programs, and calendar were developed by
Patty Draper, Extension Home Economist/4-H, Choctaw County
Kay Emmons, Extension Home Economist/4-H, Montgomery County
Glenda Gregory, Extension Home Economist/4-H, Winston County
Beverly Lewis, Extension Home Economist, Lowndes County
Pat Owen, Agent-In-Training, Oktibbeha County
Grenell Rogers, Extension Home Economist, Oktibbeha County
Cynthia Wilson, Extension Home Economist/4-H, Webster County

Publication 2246
Mississippi State University does not discriminate on the basis of race, color, religion, national origin, sex, age, disability, or veteran status.
Extension Service of Mississippi State University, cooperating with U.S. Department of Agriculture. Published in furtherance of Acts of Congress, May 8 and June 30, 1914. RONALD A. BROWN, Director (5M-11-99)